



# **Egyptian Herbal Monograph**

**Volume 3**

**Medicinal Plants used in Egypt**

**Egyptian Drug Authority (EDA)**

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# Egyptian Herbal Monograph

## Medicinal Plants Used in Egypt

*Rhodiola rosea* L.

رودياريزا

### 1. Names & Synonyms (1)

*Rhodiola rosea* L.

**Family:** Crassulaceae.

**Syns.:** *Sedum rosea* (L.) Scop.

**Arabic:** Rudiyariza رودياريزا (2).

**English:** Arctic root (3), Golden root, Rhodiola, Rodiola, Rose root (4,5).

### 2. Parts used for medicinal purpose

Rhizome and root (3-5).

### 3. Major chemical constituents

- **Flavonoids:** Rhodiosin, herbacetin, rhodionin, rhodionidin, kaempferol (6, 7) and their glycosides (4).
- **Phenylethanoids:** Salidroside and its aglycone tyrosol (6, 7).
- **Phenylpropanoids:** Rosarin, rosin, rosavin and cinnamyl alcohol (4,6, 7).
- **Phenolic acids:** Gallic, chlorogenic, and hydroxycinnamic acids (8).
- **Volatile oil:** Monoterpene alcohols (geraniol, myrtenol, 1,4-*p*-menthadien-7-ol) and aliphatic alcohols (octanol) (9,10).
- **Others:** Sterols ( $\beta$ -sitosterol, daucosterol), tannins and gallic acid esters (6, 7).

### 4. Medicinal uses (Indications)

- A. Symptomatic relief of stress, such as fatigue and sensation of weakness (as an adaptogen) (3-5).
- B. Supports cognitive functions (such as mental focus and mental stamina) (5).

### 5. Herbal preparations correlated to medicinal use (3)

- **Dry extract**, extraction solvent: ethanol 67-70% v/v.

Herbal preparation is in a pharmaceutical dosage forms. The pharmaceutical form should be described by the Pharmacopoeia full standard term.



## 6. Posology and method of administration correlated to medicinal use

### Adults and elderly

Single dose: 144 - 200 mg (3,4).

Daily dose: 144 - 400 mg (3,4).

Not to exceed 200 mg per single dose and 680 mg daily (5).

### Duration of use (3):

If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

**Method of administration (3):** Oral use.

## 7. Contraindications

- Hypersensitivity to active substances and to other plants of the same family (3).
- Bipolar disorder or bipolar spectrum disorder (5).

## 8. Special warnings and precautions for use (3,4).

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- The use in children and adolescents under 18 years of age has not been recommended.
- In case of persons taking antidepressant medication, hormone replacement therapy or birth control medication, a doctor or a pharmacist should be consulted.
- The use at dosages higher than those recommended and/or for longer periods should be avoided (4).
- Use should be stopped if a person experience irritability or insomnia (5).

## 9. Interactions with other medicinal products and other forms of interaction

No interactions have been documented. However, potential interactions with other medicines with similar or opposing effects should be considered (5).

## 10. Fertility, pregnancy and lactation (3)

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.
- No fertility data available.



## 11. Effects on ability to drive and use machines

No adequate studies on the effect on the ability to drive and use machines have been performed (3).

## 12. Undesirable effects

- Rhodiola might cause dizziness, dry mouth, or excessive saliva (11,12).
- If other adverse reactions occur, a doctor or a pharmacist should be consulted.

## 13. Overdose

No case of overdose has been reported (3). However, irritability and insomnia may occur (5,13).

## 14. Relevant biological activities

Not required as per Egyptian guidelines for registration of herbal medicines.

## 15. Additional information

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## 16. Date of compilation/last revision

11/05/2023.

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